

SUCCESS STORIES: CHEFS MOVE TO SCHOOLS

2012

Chefs Move to Schools

- West Central FCCLA
 - ▣ 7 Staff involved
 - ▣ 12 community members involved
- Enemy Swim Day School
 - ▣ Chef Combo Puppet Show= 146+ staff and community members involved
 - ▣ F/V Tasting at annual Wacipi= 300 staff and community members involved



Basic Indicators

- Both schools agreed or strongly agreed that grant activities increased students':

- ▣ Contact with f/v
- ▣ Knowledge with f/v
- ▣ Acceptance of eating f/v
- ▣ Discussion of healthy food choices



- Both schools agreed or strongly agreed that grant activities resulted in:

- ▣ An increase in parent involvement in encouraging children to prepare and eat healthy foods
- ▣ Classroom teachers/agency staff providing educational lessons on healthy eating and the benefits
- ▣ New recipes provided for taste testing and student projects

Staff & Student Reactions

□ West Central

- Using online surveys, students scored the program at 100% and shared their favorite activities.
- Staff excited and willing to discuss MyPlate, etc.
- Parents also completed surveys and thoroughly enjoyed the activities

“It was great exposure to new foods in a way that was fun and laid back”... “I got to have fun with my daughter learning about food and snacks!” –Parents at West Central

□ Enemy Swim Day School

- Middle school students took ownership of the activities for the Annual Fitness Carnival.
- Students became more familiar with the culinary world



Continuing Activities and Collaboration

- Plans to continue activities started under the grant include:
 - ▣ Expanding audience to entire school instead of only a few grades
 - ▣ Adding another activity day in the spring for those who couldn't make it in the fall.
 - ▣ Incorporating Chef Combo into healthy snacking throughout the school
- Schools involved a Registered Dietitian from Sanford as well as other area agencies

“100% of participants agreed [that they were] more knowledgeable about the school lunch program... One participant asked us if we could do events like this more often.”



Sampling Integration

- In addition to distributing recipe cards from the Chef Combo Puppet Show materials, schools:
 - ▣ Did blind taste-testing
 - ▣ Made bagel critters
 - ▣ Put together trail mix
 - ▣ Sampled sweet potatoes
- West Central: 7 staff, 12 community members
- Enemy Day Swim:
 - ▣ Chef Combo Puppet Show: 146+
 - ▣ Tasting at Annual Wacipi: 300

“Using the Chef Combo puppet, the students and leader at ESDS welcomed children and their families to make their own healthy snack.” –Enemy Day Swim